



Cook time: 25 mins

Serves: 4

Prep time: 5 mins

# Chilli Chicken Pasta

## Ingredients

- 300g uncooked wholegrain pasta\*
- 3 fresh ears of sweet corn or 1½ cup frozen corn\*
- 2 sticks of celery, diced or chopped
- 1 tbsp olive or canola oil\*
- 400g lean chicken breast
- 1 tsp chilli powder
- 1 tsp low-sodium chicken seasoning\*
- ½ tsp pepper
- 2 medium tomatoes, diced
- Lime halves
- Fresh parsley

## Dressing

- 1½ tbsp olive or canola oil\*
- ½ tsp chilli powder
- 3 tbsp lime or lemon juice

\*Choose products with the Healthier Choice Symbol.

## Method

- Cook pasta according to pasta package directions together with the corn and celery in lightly salted water. Drain in colander and rinse with cold water until cool.
- Meanwhile, sprinkle chicken with 1 tsp of chilli powder, 1 tsp of chicken seasoning, and pepper.
- Heat 1 tbsp of oil in pan, and cook chicken over medium heat for 7-10 minutes or until chicken is cooked through.
- In a screw top jar, combine oil, chilli powder and the lime juice; shake to combine.
- Divide chicken, corn, celery, tomatoes and pasta on four dinner plates. Drizzle with dressing and sprinkle lightly with pepper. Serve with lime and parsley.

## Nutrition Information (Per Serving):

Energy: 466kcal

Protein: 35g

Total fat: 5.5g

Carbohydrates: 76g

Dietary fibre: 7.3g